

# The Rip Tide

**MVM**  
Mountain View Masters  
Swimming

The Newsletter of the Mountain View Masters Swim and Social Club

## 2006 Alan Liu Memorial Meet a Success!



### Photo Highlights from the MVM Alan Liu Memorial Meet.

-There's No Place Like Home! On Sunday, October 1, MVM hosted the 3rd Annual Alan Liu Memorial Short Course Meters Invitational Meet. Despite the cool fall weather and the post-World Championship breather that

lots of swimmers had been taking, 75 swimmers did show up to enjoy the sun and fun of a cozy meet in the friendly confines of Eagle Pool. As usual, there was paperwork to fill out, because our fast water saw Laura Val celebrate a new age

group by setting World Records in the Women's 55-59 200 Free, 50 Back, 100 and 200 IM, and then joining her Tamalpais teammates, Nancy Ridout, Ken Frost and Rich Burns, for another World Record in the Mixed 240+ 200 Free Relay. Leianne Crittenden of Walnut Creek set a new National Record in the Women's 50-54 50 Breast, and Stanford's Daniela Barnea set a Pacific Masters Record in the Women's 60-64 200 Fly.

**Go to Page 2 MEET**

### What is Team MVM?

Mountain View Masters (MVM) is a swim team dedicated to helping adult swimmers of all abilities achieve their best. MVM improves members' swimming technique and strength through instruction and organized training. We offer practices seven mornings per week, regular stroke clinics, and private lessons. We work with members training schedules and individual goals, whether they compete as swimmers, triathletes, or just swim for personal fitness. Outside the pool, MVM organizes social events and contributes to the community. Our home pool is located at 651 Franklin Street in Mountain View.

**MEET from Page 1** On the home front, Team Teal provided 25 of the swimmers in the water, swimming 41 individual races and 6 relays. Swimming under Maria Klein's great new Team Banner, MVM came away with the Teal Ribbons 22 times, came in 2nd 16 times, 3rd 4 times, 4th twice and 5th once. They set 10 new individual Team Records, and 2 relay marks. Four MVMers swam in the 400 IM, with 3 taking home the coveted Alan Medal for winning Congratulations to Sharlene Gee, Eric Wolff and Scott Lanterman for bagging the coolest medal in all of Masters Swimming, and to Joanne Dorgan

<p><b>MVM Board of Directors</b></p> <p>Sue Porter, President</p> <ul style="list-style-type: none"> <li>- Cindy Fulmer</li> <li>- Tina Ambrogi</li> <li>- Richard Bell</li> <li>- Christine Johnson</li> <li>- K Millar</li> <li>- John Breakwell</li> </ul> <p>Email: board@mvm.org</p>	<p><b>MVM Treasurer</b></p> <p>Martha Branch</p> <p>Email: treasurer@mvm.org</p> <p><i>If you have any questions about your dues, send Martha a note.</i></p> <p><b>Webmaster</b></p> <p>K Millar</p> <p>Email: webmaster@mvm.org</p> <p><b>MVM RipTide Editor</b></p> <p>Charles Wu</p> <p>Email: riptide@mvm.org</p>
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for trying the 400 IM as her first Masters event. A tip of the hat to Sharlene, Diane Renshaw and Izzy Lewis for tackling the 200

Fly, which all the MVM men avoided like the plague, and kudos to Li Moore, Clyde Mann, Dave **Go to Page 4 MEET**

**Turn in your 2007 Pacific Masters Registration by December 31, 2006 for 10 MVM February Fitness Points**

<p><b>United States Masters Swimming, Inc.</b></p> <p><b>Pacific Masters Swimming, Inc.</b></p> <p style="text-align: center;"><b>2007 Membership Application</b></p> <p><input type="checkbox"/> Renewal 2006 number if known: _____</p> <p><input type="checkbox"/> New Registration</p> <p><b>YOU MUST PAY TOTAL FEE OF \$35</b> <small>(Fee includes: USMS = \$20 (\$8 for magazine costs), PMS = \$15)</small></p> <hr/> <p><b>REDUCED END OF YEAR 2007 FEE \$25 if joining 9/1 - 10/31</b> 2008 Memberships accepted 11/1/07 and after</p> <p><b>Make check payable to Pacific Masters Swimming</b></p> <p><b>Mail to: Nancy Ridout</b> 580 Sunset Parkway Novato, CA 94947 (415) 892-0771 registrar@pacificmasters.org</p> <p>Registration Expires 12/31/07</p>	<p><b>PLEASE PRINT CLEARLY.</b> <b>Your name on this form and on meet entry forms must be identical.</b></p> <table border="1" style="width: 100%;"> <tr> <td colspan="2">Last Name</td> <td colspan="2">First Name</td> <td>Middle Initial</td> </tr> <tr> <td colspan="4">Mailing Address</td> <td>Home Phone No.</td> </tr> <tr> <td>City</td> <td>State</td> <td>Zip</td> <td colspan="2">Work Phone No.</td> </tr> <tr> <td>Date of Birth</td> <td>Age</td> <td>Sex</td> <td colspan="2">e-mail address</td> </tr> <tr> <td colspan="3">Month      Day      Year 19</td> <td colspan="2"></td> </tr> <tr> <td colspan="3">                 CLUB (Indicate Club affiliation or Unattached)  <b>Mountain View Masters</b> </td> <td colspan="2">                 Today's Date                  Month _____ Day _____ Year 20____             </td> </tr> </table> <p>"I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters Swimming (training and competition), including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS."</p> <p>Signature _____</p> <p style="text-align: right;"> <input type="checkbox"/> I am a Masters Coach  <input type="checkbox"/> I am a Certified Official             <span style="border: 1px solid black; padding: 0 5px;">H</span> </p> <p>I wish to contribute to the following foundations <i>and have added the additional amount</i> to my 2007 registration fees.</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> \$1 or (____) The US Masters Swimming Foundation.</li> <li><input type="checkbox"/> \$1 or (____) Pacific Masters Swimming.</li> <li><input type="checkbox"/> \$1 or (____) The International Swimming Hall of Fame.</li> </ul> <p style="text-align: right;"><small>revised 9/24/06</small></p>	Last Name		First Name		Middle Initial	Mailing Address				Home Phone No.	City	State	Zip	Work Phone No.		Date of Birth	Age	Sex	e-mail address		Month      Day      Year 19					CLUB (Indicate Club affiliation or Unattached) <b>Mountain View Masters</b>			Today's Date Month _____ Day _____ Year 20____	
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MVM WOULD LIKE TO THANK THE SUPPORT OF ITS GENEROUS SPONSORS

 <p><b>RUDY</b> PROJECT www.rudyprojectusa.com</p>	 <p><b>LA FIESTA</b></p>	<p><b>Provider of Performance &amp; Coaches Awards</b></p> <p><b>Sports Basement</b> www.sportsbasement.com</p> <p><b>10% Discount w/USMS Registration Card</b></p>
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**MVM TEAM GOALS TO LOOK FORWARD TO FOR 2007 FROM COACH CHRIS**

As 2006 winds down, lets take a few moments to reflect on 2006 as an exciting year for Team MVM. So much has happened --meets, open water races, triathlons, social events. In many ways, 2006 may have been the best year in MVM history. *But where do we go from here?*

As 2007 approaches, it's time to give some thought to goals, both at the personal and team level. The coaching staff and team board have started asking the team for ideas, and we'd like to hear from you. Some of the ideas so far include:

**More Happy Hours and Social Events.** Since November and December tend to be booked up with other activities, we've decided to start our monthly Happy Hours in January next year. When the weather gets nice, we'll start doing backyard barbeques again. Of course, if you want to have some activities on your own, go for it.

A team Halloween party, with pumpkin carving and costumes. We had one in 2003, and it was great. The return of the summer picnic. Movie nights. Wine tastings. We've already got marathon coffee sessions after weekend practices. Got some other ideas? Pass them to a coach or board member.

**Triathlons.** Better coverage of team participation in Triathlons. We need your help on this one. If you've got a triathlon, bike race or run, let us know about it. Get us your results, and we'll get you the credit you deserve. Tell us your story. Send us your pictures.

**Better team presence at meets and open water races.** We've got banners now, and it's really cool having swimmers competing under them. Several local events have team scoring, and we have many talented athletes, so we can make an impact. We've done it before, and there are opportunities in 2007 for some team trophies. To help out with meets, we plan for some stroke clinics during the summer months.

**Personal Goals.** Think about personal goals. What do you want out of 2007? Got a race you'd like to do or a time you'd like to beat in an event? Are you up to trying something new, or do you want to hone already existing skills? Eying a spot in the next lane up? Travel to an out of town race? Want to start cross-training or get a dryland program going? Let your coaches know. We have lots of expertise, and we'd love to help. So give it some thought. What memories do you want to have this time next year?

**MEET from Page 2.** Crawford, Chris Lages, Mara Mather, Catherine Rondeau, and Joanne for swimming in their first pool meet under the MVM banner. Joining the fun were Eloise Danto, Lawrence Suen, Griff Freeman, Paul Cousineau, Sue Porter, Mary Leigh Burke, Greg Abney, Pete Dahlgren, Sharon Columbo, Brian Williams, Karene Millar, Neal Scott and his camera, and Coach Marcelo Castro and his totally awesome suit-

Thanks to great on-deck work by the Team, the meet came off in a smooth and efficient manner, with a great vibe and lots of smiles all around. Coach Laura Schuster did a bang up job announcing all day long, Tina Ambrogi, Sue Porter, Cindy Fulmer, and Nancy Lorimer ran the snack bar and kept us all well fed, and Big Mike Hansell, the best head timer in the world, was his usual bad timekeeping self. Karene Millar and Anita Rosen

kept the check in and registration running smoothly, Safety Monitor Griff Freeman kept everyone safe, and Volunteer Coordinator Sally Hamilton kept Coach Chris from going crazy. Her job gets a little easier every year. And special thanks to every one who showed up to run watches. We didn't have to ask for timers from any of the other teams during the meet.

And lest we forget what this meet is all about, we were visited by Alan's parents, Rita Wells and Barry Liu, and by Jill Mason and her parents Larry and Joanne. Jill hadn't been back to Eagle Pool since before that last bike ride with Alan in April 2004. And while everything has changed so much in the past two and a half years, for a brief while, it seemed like old times. We look forward to better days and seeing her again, because there really is no place like home. Check the website for results and pictures.

- *Coach Chris*

## November/December Performance and Coaches Award

This month's Performance Award goes to MVM triathlete Tana Jackson (Lane 4, 5 AM) for her consistent participation in triathlons, including 3rd at the Ironman Coeur 'd Alene, a result that qualified Tana for the Ironman World Championships. Triathletes are a vital part of MVM and it's great to see these great results.

The Coaches award goes to Diane Renshaw (Lane 1/2, 7 AM) for not only doing the 200 Fly at our meet, but also convincing Izzy Lewis to swim the event with her as well. Fantastic MVM team spirit.

All winners can pick up their awards from sponsors Chipotle and Sports Basement from a coach.

## Mountain View Masters Calendar

### November

- 10 - November Dues deadline
- 15 - MVM Board Meeting - Location at Karene's house, 7:15 PM
- 19 - Eagle Pool Closed for Super Chlorination. No Practice.
- 23 - MVM Triple Crown, Event #1. 50 repeats on the 1:30. Each lane decides on the distance and the strokes for the repeats. Two sessions at 6:30 AM and 7:45. Happy Thanksgiving.

### December

- 3 - MVM Holiday Party (Details See Page 1)
- 9 - MVM Triple Crown, Event #2 (first session). 75 repeats on the 1:30. swimming starts at 6:30 AM. Swim the whole event or join in any time up to 9 AM. Afterwards, join us afterwards for

brunch at Country Gourmet (El Camino and Rengstorff).

- 10 - December Dues deadline
- 17 - MVM Triple Crown, Event #2 (second session). See details on December 9. We will have coffee and PMS registration forms available, bring your checkbook and MVM will mail in your form for you!
- 31 - Pay your Pacific Masters dues by this day for 10 February Fitness Challenge Points. See the Form listed on Page 2.

### January

- 1- Final Leg of MVM Triple Crown, 100 repeats on the 1:30, swimming starts at 8:30 AM.

*Great Year Team MVM and Happy Holidays!*